



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL
Accredited by NAAC with "A++" Grade
Plot No. 1 & 2, Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410 209
E-Mail ID: mgmdch@mgmmumbai.ac.in

Dr. Srivalli Natarajan
Dean

Tel: 022- 27436604

022- 27433185

No.MGM/DCH/405/2024

Date: 19/03/2024

Office Circular No.40/2024

The Yoga & wellness committee in association with MGM Dental College and Hospital, Navi Mumbai is conducting a Yoga session on account of international Women's Day and the guest speaker for the event is Mr. Subhash Prakash Karapu Yoga Maestro and Holistic Wellness coach.

All teaching, non-teaching faculty & house-keeping staff (womens) are requested to attend the same.

Details of which are mentioned below:

DATE: - 22nd March 2024

VENUE: - Yog Vatika, near open ground, MGM Campus

TIME: - 8.30 A.M to 9.30 A.M for house keeping staff

9.30A.M to 10.30 A.M teaching and non teaching staff



S. Srivalli
Dean

Copy to:-

All HOD's of Dental Subject





MGM DENTAL COLLEGE AND HOSPITAL, NAVI MUMBAI

Accredited by NAAC A++ Grade



Celebrates

INTERNATIONAL

*Don't think about making
women fit the world ;*

*Think about the world fit
women!*



Join us for YOGA EVENT for a transformative experience!!!

DATE:- 22nd March VENUE:- YOG VATIKA

TIME :-

Housekeeping staff @ 8.30 a.m

Teaching & non teaching staff @ 9.30 a.m



Mr. Subhash karapu

Yoga Maestro & Holistic Wellness Expert





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List of Participants

Sr. No.	Name of participants
	Teaching Faculty
1	Dr. Srivalli Natarajan
2	Dr. Usha Asnani
3	Dr. Anuradha Mohite
4	Dr. Priyanka Tidke
5	Dr. Jayeeta Verma
6	Dr. Neha Patil
7	Dr. Isha Mishra
8	Dr. Varsha Patel
9	Dr. Jigna Pathak
10	Dr. Jayshree Rao
11	Dr. Rupali Deshmukh
12	Dr. Devanshi Shah
13	Dr. Ashwini Korlai
14	Dr. Antara Ghosh
15	Dr. Sneha Kadam
16	Dr. Divya Naik
17	Dr. Devanshi Shah
18	Dr. Tanvi Satpute
19	Dr. Prachiti Terni
20	Dr. Ragini Sayane
21	Dr. Sarika Shetty
22	Dr. Sumanthini V
	Non – Teaching Staff
23	Mrs. Kalyani Ture
24	Mrs. Alice Varghese
25	Mrs. Surekha Patil
26	Mrs. Bhagyashree
27	Mrs. Priyanka Sharma



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28	Mrs. Pragati Kadam
29	Mrs. Komal Ranjane
30	Mrs. Sheetal Mane
31	Mrs. Seela Ghadge
32	Mrs. Smita Bhivandkar
33	Mrs. Shalakha Borkar
34	Mrs. Meenakshi Bangar
35	Mrs. Rajashree Chougule
36	Mrs. Liby George
37	Mrs. Sujata Kodalkar
38	Mrs. Sunita Gunjal
39	Mrs. Kranti sathe
40	Mrs. Sheetal Manapure
41	Mrs. Swati Parab
42	Mrs. Ankita
	Post Graduate Students
43	Dr. Shreya Dalvi
44	Dr. Anupama Warriar
45	Dr. Janvhi Landge
46	Dr. Neelam Rajpal
47	Dr. Mrudla Katarni
48	Dr. Vaibhavi Chaurasia
49	Dr. Tanushree Mohta
50	Dr. Mansi Bhanushali
51	Dr. Saloni Shah
52	Dr. Misbah Kaule
53	Dr. Chandani Bhanushali
54	Dr. Manali Sawant
	Fellowship Students
55	Dr. Bhagyashree
56	Dr. Chinmayi
57	Dr. Sneha
	House-Keeping Staff
58	Mrs. Manisha Ulwekar



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59.	Mrs. Bhama
60	Mrs. Saraswati
61	Mrs. Chhaya
62	Mrs. Rupali
63	Mrs. Sonal
64	Mrs. Kamini
65	Mrs. Nilima Patil
66	Mrs. Nilam Salve
67	Mrs. Susabai Holkar
68	Mrs. Manisha Pawar
69	Mrs. Subhangi
70	Mrs. Jyoti Dandage
71	Mrs. Sarsamma
72	Mrs. Manda
73	Mrs. Sobha



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Title of Program – Yoga Session on Occasion of International Women's Day

Number of participants – 73

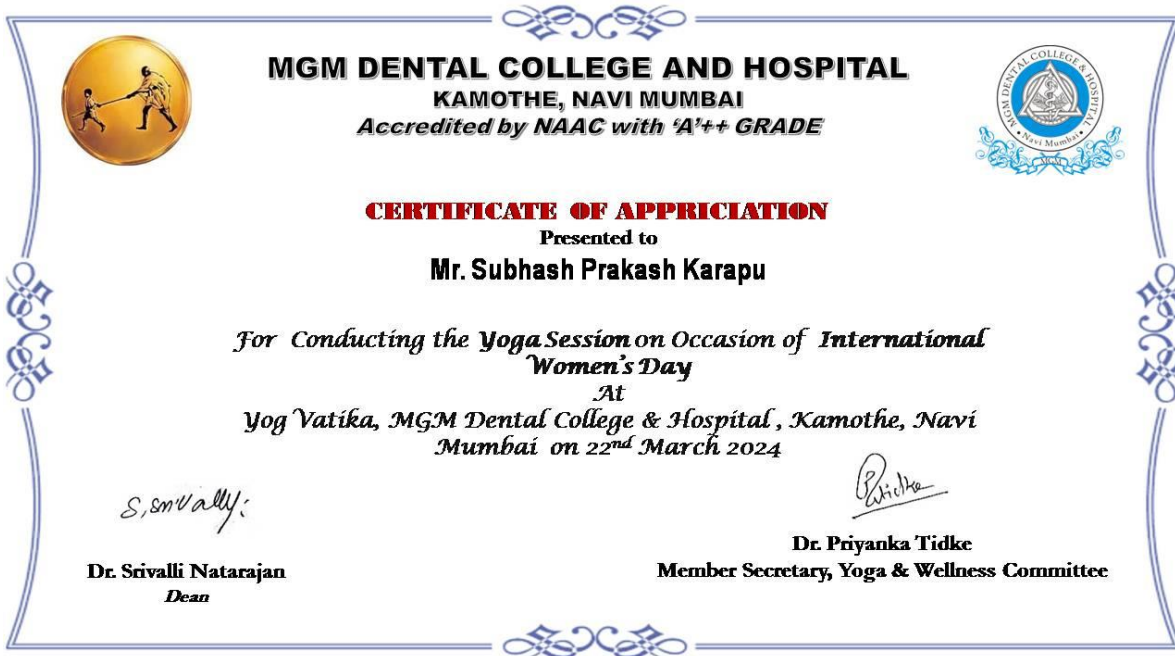
Date- 22nd March 2024

Report-

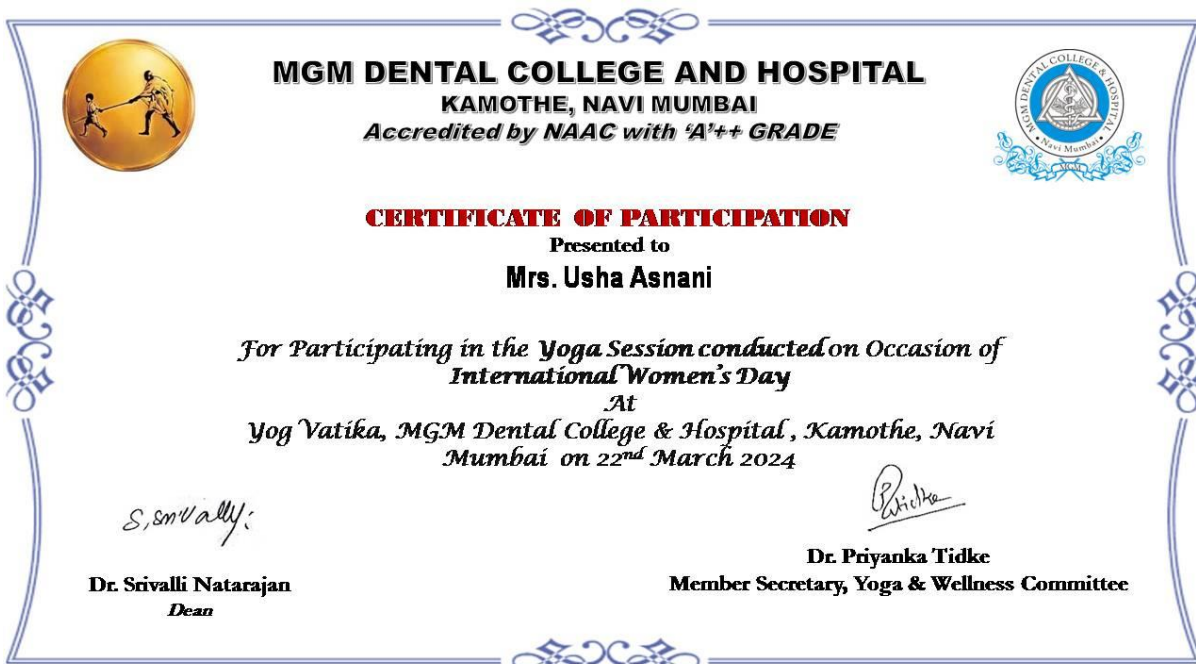
M.G.M Dental College and Hospital in coordination with Yoga & Wellness Committee had organized 1 day yoga Session on 22nd March 2024 at the Yog Vatika for womens. Mr. Subhash Karapu was the yoga trainee for the sessions. The teaching faculty, Non-teaching faculty, post- graduate students, fellowship students and interns attended the yoga session. Mr. subhash karapu enlightened various yogasanas and yog mudras for the women. All the participants were very enthusiastic. Dr. shrivalli natarajan Dean, M.G.M Dental College & Hospital felicitated the Mr. SUBHASH Sir with the certificate and the token of appreciation.

Sign:

Certificate of Appreciation



Certificate of Participation



Sign:

Geotagged Photos:



Sign: